



TOWN OF NORTH HEMPSTEAD
SUPERVISOR JUDI BOSWORTH, THE TOWN BOARD AND
THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:

Color for the Health of it!



Coloring is a wonderful meditative activity. It helps relieve stress, improves mood, and promotes mindfulness and socialization.

Presented By:
Audrey Dinstell, LCSW
Project Independence/JASA Social Worker

Thursday, October 27, 2016
11:15 a.m.-12:15 p.m.

Roslyn Community Center
(53 Orchard Street, Roslyn Heights, NY 11577)

Coloring sheets and colored pencils will be available but feel free to bring your own.

Please call 311 or 869-6311 to register or for more information.

TUNE IN TO PROJECT INDEPENDENCE AND YOU -- ON WCWP – 88.1 FM RADIO or WCWP.org – EVERY FRIDAY BETWEEN 10 AM AND NOON...for great information, entertaining guests, and more!

CALL 311 OR (516) 869-6311
NORTHHEMPSTEADNY.GOV

Town of North Hempstead
Project Independence